

# Aquatics-Employment

## Lifeguard Classes

Registration for:

- Lifeguard Training;
- Water Safety Instructor Training; and
- Junior Guard Start

will begin **January 9, 2004.**

Look for registration information in the Spring 2004 edition of *TimeOut*, available online December 26 and in print January 2.



## CPR FOR THE PROFESSIONAL RESCUER

**Day/Time** Sat., 9 a.m.-2 p.m.

**Date:** March 13

**Location:**  
Shepherd Aquatic Complex  
1407 N. Alta Mesa

**Fee:** \$20

## LIFEGUARD TRAINING

This course is designed to teach lifeguarding and rescue skills. It includes *CPR for the Professional Rescuer* certification. Candidates must be at least 15 years of age or older by the last day of the class to participate. Proof of age is required first day of class. Class size is limited so register early. **NO REFUNDS.** Changing sessions may not be accommodated. All classes are mandatory.

### Must be able to pass pre-test skills:

1. Swim 500 yards continuously, using three strokes in the following order:
  - a. 200 yards of front crawl, using rhythmic breathing and a stabilizing, propellant kick
  - b. 100 yards of breaststroke
  - c. 200 yards of either front crawl using rhythmic breathing or breaststroke. These 200 yards may be a mixture of front crawl and breaststroke
2. Swim 20 yards using a front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to surface, and swim 20 yards back to starting point. When returning to the starting point, the candidate must:
  - a. Hold the 10-pound object with both hands
  - b. Keep his or her face above the water

**Session I:** Feb. 17-Mar. 6  
**Days/Times:** Tues. & Thurs., 5-9 p.m. and Sat., 8 a.m.-noon  
**Location:** Shepherd Aquatic Complex, 1407 N. Alta Mesa  
**Fee:** \$100

**Session I:** Feb. 18-Mar. 8  
**Days/Times:** Mon, Wed, and Fri 5-9 p.m.  
**Location:** Brimhall Aquatic Complex, 4949 E Southern  
**Fee:** \$100

**Session I:** Feb. 18-Mar. 8  
**Days/Times:** Mon, Wed, and Fri 5-9 p.m.  
**Location:** Shepherd Aquatic Complex, 1407 N. Alta Mesa  
**Fee:** \$100

**Session II:** Mar. 17-22  
**Days/Times:** Mon.-Sat., 9 a.m.-5 p.m.  
**Location:** Brimhall Aquatic Complex, 4949 E. Southern  
**Fee:** \$100

## LEARN TO BE A LIFEGUARD or INSTRUCTOR

It's not too soon to start thinking about next summer! Mesa Parks and Recreation will be hiring lifeguards and swimming instructors for the 2004 summer aquatics program. Individuals work between 35 and 40 hours per week. Hourly pay rates are as follows:

**Lifeguards, \$9.24/hr • Coaches, \$10.75/hr • Assistant Pool Mgrs, \$11.85/hr**  
**Swim Instructors, \$10.22/hr • Head Lifeguards, \$10.49/hr • Pool Managers, \$13.81/hr**

If you are interested in becoming a lifeguard, complete the following steps:

1. Register and take a Lifeguard Training Class (including *CPR for the Professional Rescuer*), and/or Water Safety Instructor Training Class. See the schedule of classes below.
2. Submit an application to City of Mesa Personnel, 200 S. Center between **Dec. 29 and March 26**. Applications may be submitted before courses are completed; just indicate class dates. Applications received after March 26 will be considered only if any openings remain.
3. Applicants must participate in lifeguard skills test **Sat., April 3** to be considered for a job. Testing will include: oral interview, lifeguarding skills, first aid, CPR, swimming stroke technique and fitness level. **If you apply, you must participate in this mandatory test to be considered for employment. This is the only day the test is offered.**

## WATER SAFETY INSTRUCTOR TRAINING

Course emphasizes proper teaching methods of swimming skills to all ages and levels. Class is a minimum of 40 hours. To be eligible to enroll, candidates must be **17 years of age** or older by the last day of class. Proof of age required first class day. **Come prepared to swim.** Class size is limited to 30 participants and offered in three separate sessions. **NO REFUNDS.** Changing sessions may not be accommodated. All classes are mandatory and the pool is heated.

On the first day of class, candidates must pass a pre-course written and skills test which includes the following:

- Long shallow dive
- Surface dive
- Retrieve a 10-pound brick in 9 feet of water
- Wading assist with equipment
- Head-splint rescue, then establishing an airway maintaining in-line stabilization
- Throwing assist using ring buoy
- Reaching assist
- Perform 50 yards of the following strokes
  - a. Front crawl
  - b. Back crawl
  - c. Sidestroke
  - d. Breaststroke
  - e. Elementary backstroke
  - f. Butterfly (ten yards)
  - g. Standing front dive from the deck.

**Session I:** Mar. 15-20  
**Days/Times:** Mon.-Sat., 8 a.m.-5 p.m.  
**Location:** Shepherd Aquatic Complex  
1407 N. Alta Mesa

**Fee:** \$85  
**Session II:** Mar. 22-Apr. 14\*  
**Days/Times:** Mon, Wed, Thur 5-9 p.m.  
**Location:** Shepherd Aquatic Complex  
1407 N. Alta Mesa

**Fee:** \$85  
*\* An additional required class will be held on Apr. 10 will last until 2 p.m., during which participants will be teaching lessons during free swim at Shepherd.*

**Session III:** May 31-June 11  
**Days/Times:** Mon.-Fri.  
**Location:** Shepherd Aquatic Complex  
1407 N Alta Mesa  
**Fee:** \$85

## JUNIOR GUARD START PROGRAM

This course provides an excellent opportunity for candidates who do not meet the minimum age requirement for the Lifeguard Training course. Junior Guards will learn community water safety, basic CPR and teaching skills. It is highly recommended those candidates 13-16 years old complete this 20-hour course in preparation for lifeguarding employment. Following training, Junior Guards will be invited to volunteer at the city pools to help teach swim lessons, assist at swim meets and help during special events and public swimming. **Individuals who volunteer 150 hours during the summer may take the Lifeguard Training course for 1/2 price when eligible.** To get a copy of the Junior Guard Start brochure for summer class opportunities, call 480-644-4951.

**Session I:** Mar. 13-Apr. 10  
**Days/Times:** Sat., 10 a.m.-4 p.m. (No class on Mar. 27)  
**Location:** Shepherd Aquatic Complex  
1407 N. Alta Mesa Dr.  
**Fee:** \$25

**Session I:** Mar. 13-Apr. 10  
**Days/Times:** Sat., 10 a.m.-4 p.m. (No class on Mar. 27)  
**Location:** Powell Junior High Pool 855 W 8th Avenue  
**Fee:** \$25

*Teachers, Stay-at-Home Parents, or Anyone  
Else Interested in Summer Part-Time  
Employment Read This!*

## WATER SAFETY INSTRUCTOR

This new position has been created to employ individuals primarily interested in teaching swim lessons.

The starting salary is \$10.22 per hour and employees will work between 10 and 20 hours per week.

Individuals must hold a valid Red Cross Water Safety Instructor's Certification and complete *CPR for the Professional Rescuer* by hire date. (Don't have it? See our WSI class held in March!)

Some experience (six months to one year) in instructing swimming classes at a pool is preferred.

Individuals must be available to teach Monday through Friday mornings, between 10 a.m. and 12:30 p.m., and/or evenings between 5 and 8 p.m.

**Information: 480-644-2206**